



Issue April 2016  
Ref:Transtibial Exercises

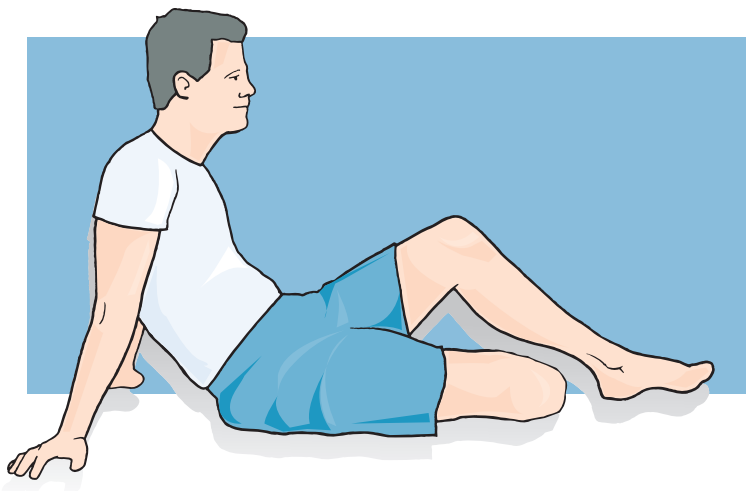
# TRANSTIBIAL EXERCISES

**Exercises for people following  
lower limb amputation**

**ARTIFICIAL LIMB AND APPLIANCE CENTRE**

Rookwood Hospital, Llandaff, Cardiff. CF5 2YN

Tel: 029 2031 3921



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Exercises are very important to:

- **Strengthen muscles**
- **Keep joints mobile**
- **Stimulate the circulation**

You should not do the exercises until they have been shown to you by your physiotherapist.

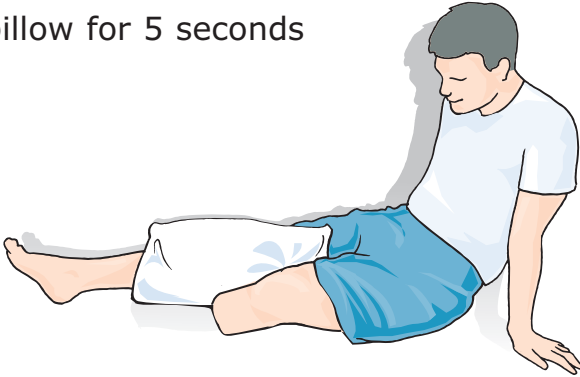
**If you experience any pain when performing these exercises, STOP and inform your physiotherapist.**



## 1 : HIP ADDUCTION

- Sit with pillows or your hands behind you for support.
- Keep both legs straight.
- Put a rolled towel/pillow between your legs.
- Squeeze towel/pillow for 5 seconds then relax.

REPEAT      TIMES



## 2 : HIP FLEXOR STRETCH

- Lie flat on your back with as few pillows as possible under your head.
- Grasp the knee of your sound leg and pull it as close as possible to your chest.
- Push the back of residual limb towards the bed.
- Hold for 10 secs then relax.
- Repeat on opposite side.

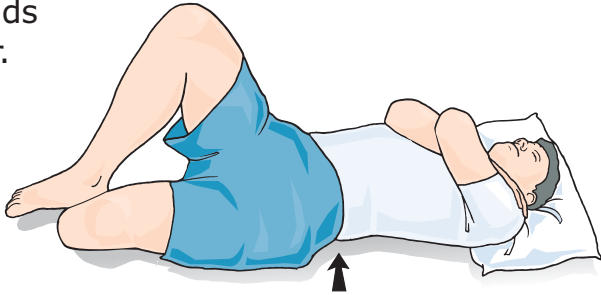
REPEAT      TIMES



### 3 : BRIDGING

- Lie flat on your back with arms across your chest.
- Bend the sound leg so the foot is flat on the bed.
- Raise your buttocks off the bed.
- Hold for 10 seconds then slowly lower.

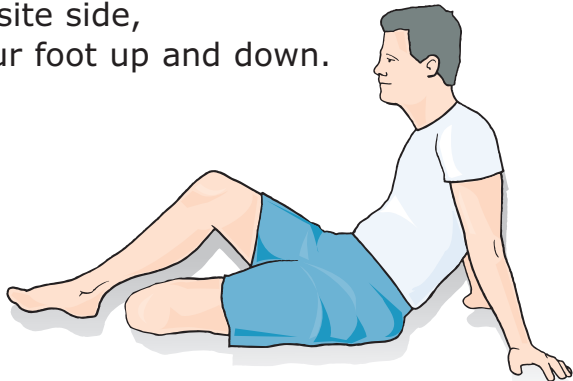
REPEAT      TIMES



### 4 : LOWER LEG ACTIVATION (for circulation/swelling)

- Sit with pillows or hands behind you for support.
- Keep residual limb straight and bend sound leg.
- Imagine you are trying to move your foot up and down on the residual limb side (*you will see the muscles at the end of your residual limb working*).
- Repeat on the opposite side, actually moving your foot up and down.

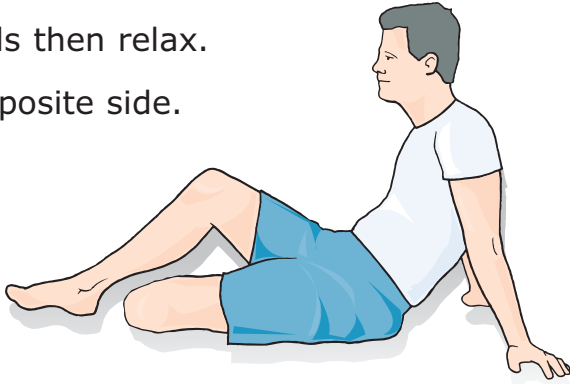
REPEAT      TIMES



## 5 : KNEE BRACING

- Sit with pillows or hands behind you for support and bend your sound leg.
- Straighten the knee of residual limb by tightening the muscles at the top of the thigh.
- Hold for 5 seconds then relax.
- Repeat on the opposite side.

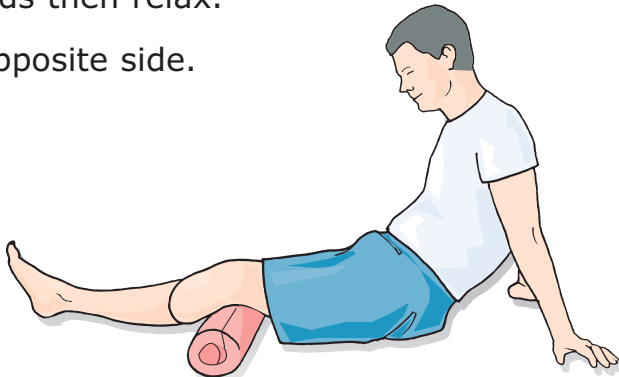
REPEAT      TIMES



## 6 : KNEE EXTENSION

- Sit with pillows or your hands behind you for support.
- Put a rolled towel under the knee of residual limb.
- Raise residual limb until the knee is straight, keeping the back of your leg in contact with the towel.
- Hold for 5 seconds then relax.
- Repeat on the opposite side.

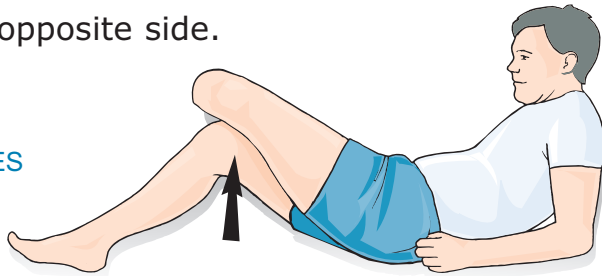
REPEAT      TIMES



## 7 : STRAIGHT LEG RAISE

- Lie with your elbows behind you for support.
- Keep residual limb straight and bend your sound leg.
- Raise residual limb off the bed, keeping knee straight.
- Hold for 5 seconds then slowly lower.
- Repeat on the opposite side.

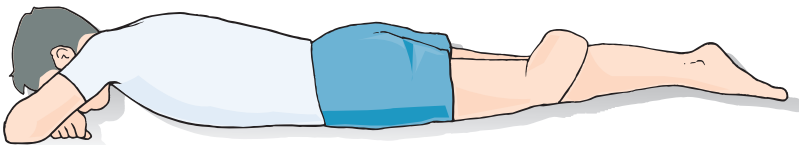
REPEAT      TIMES



## 8 : KNEE FLEXION

- Lie flat on your stomach.
- Slowly bend the knee of your residual limb.
- Slowly straighten your knee.
- Repeat on the opposite side.

REPEAT      TIMES

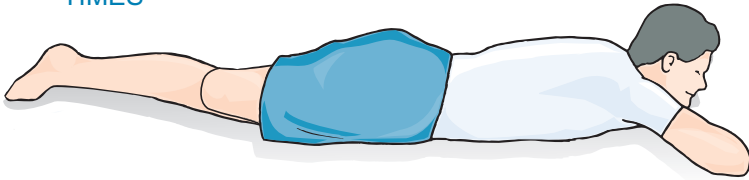




## 9 : HIP EXTENSION

- Lie flat on your stomach.
- Keep both legs close together.
- Lift your residual limb off the bed as far as you can, keeping the knee straight and hips flat on the bed.
- Hold for 5 seconds then slowly lower.
- Repeat on the opposite side.

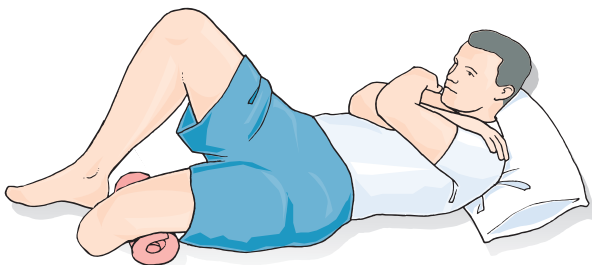
REPEAT      TIMES



## 10 : ABDOMINAL EXERCISES

- Lie flat on your back with your arms across your chest.
- Put a rolled towel under the knee of residual limb.
- Bend your sound leg.
- Slowly raise your head and shoulders off the bed.
- Hold for 5 seconds then slowly lower.

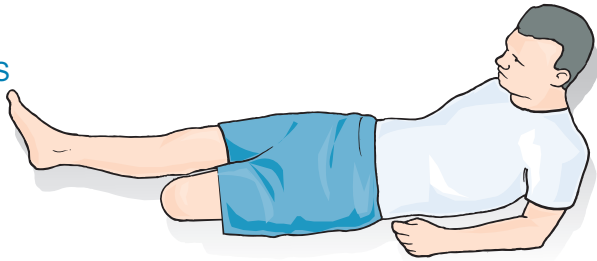
REPEAT      TIMES



## 11 : STATIC GLUTEAL CONTRACTIONS

- Lie with your elbows behind you for support.
- Keep both legs straight and close together.
- Squeeze your buttocks as tightly as possible.
- Hold for 5 seconds then relax.

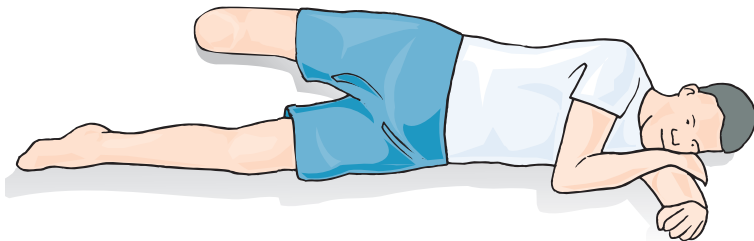
REPEAT      TIMES



## 12 : HIP ABDUCTION

- Lie on your sound side.
- Slowly lift your residual limb towards the ceiling, pushing it back slightly to keep in line with your body.
- Take care not to roll forwards.
- Repeat lying on the opposite side, with the opposite leg.

REPEAT      TIMES



### 13: HIP FLEXION – EXTENSION

- Lie on your sound side.
- Lift your residual limb in line with your body.
- Slowly stretch your residual limb behind you and then forwards towards your stomach.
- Repeat lying on the opposite side, with the opposite leg.

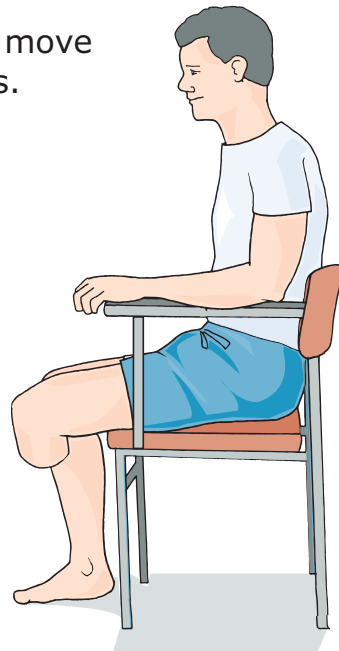
REPEAT      TIMES



### 14: KNEE FLEXION – EXTENSION

- Sit on a chair that allows you to move your leg backwards and forwards.
- Keep your thigh well supported.
- Slowly straighten the knee of your residual limb.
- Hold for 5 seconds.
- Then bend your knee as much as you can.

REPEAT      TIMES



## 15: CHAIR PUSH-UPS

- Sit up straight in a steady chair that has armrests.
- Hold the armrests with both hands.
- Push down on the armrests and straighten your elbows, lifting your buttocks off the chair seat.
- Hold for 5 seconds then slowly lower onto the chair.

REPEAT      TIMES

